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ABSTRACT

This book is designed to help dancers improve their technique and performance in all dance forms by strengthening the body's core while improving coordination, balance, alignment, and flexibility. It features 170 imagery illustrations paired with 160 dance-specific exercises to help maximize body-mind conditioning. It culminates with a 20-minute, full-body workout routine designed to help dancers warm up, condition, and refine their dance technique. The 10 chapters focus on: (1) "Mind-Body Conditioning"; (2) "Embodied Imagery"; (3) "Reflexive Balance"; (4) "Relaxed Flexibility"; (5) "Aligned Movement for Improved Technique"; (6) "Strengthening the Center"; (7) "Building Power in the Legs and Feet"; (8) "Developing Power in the Torso and Arms"; (9) "Improving Turns, Jumps, and Turn-Out"; and (10) "Thera-Band Centre Workout." (Contains 51 references.) (SM)

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